

Local Contact
Information

Project Recovery

Federal, State and
Community Resources:

FEMA: 1-800-621-3362

MEMA: 1-800-222-6362

Small Business Administration:
601-965-4378

HUD: 1-888-297-8685

American Red Cross: 1-866-438-4636

Department of Education: 601-359-1750

Department of Health and Human
Services: 1-800-273-8255

Attorney General's Office:
1-800-281-4418

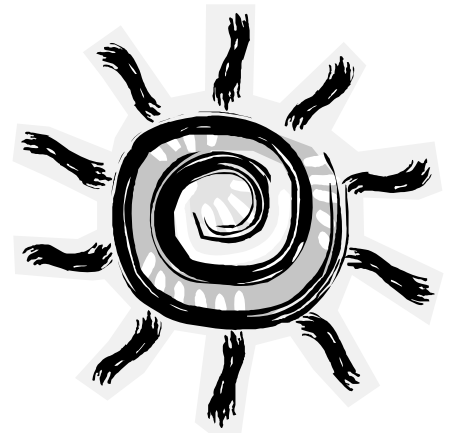
Better Business Bureau: 1-800-987-8280

MS Employment Security:
1-888-844-3577

Department of Mental Health:
1-877-210-8513

**Project
Recovery
1-866-856-3227**

**Project
Recovery**



*We Are Here
To Help*

1-866-856-3227

*Finding Ways to Help
You Cope*

What is Project Recovery?

Here in Mississippi, many people have been affected by Hurricane Katrina. The goal of Project Recovery is to help people find ways to cope with the stress caused by Katrina. Project Recovery provides free crisis counseling services through community outreach, public education and information and referral.

Project Recovery staff are available to individuals, families, community groups, businesses and service organizations at no charge for the purpose of realizing wholeness and coping with the devastation of Hurricane Katrina.

Project Recovery is funded through a grant by the Federal Emergency Management Agency (FEMA) and facilitated with the Substance Abuse and Mental Health Services Administration (SAMHSA). Project Recovery is a division of the Mississippi Department of Mental Health.

When to seek help?

Here is information on common reactions to stress that may help you determine if you might benefit from Project Recovery services.

Common Reactions to Stress

Emotional Reactions – People feel and express their reactions to a crisis differently. They may...

- Feel very nervous, helpless, fearful or angry
- Feel hopeless about the future
- Feel detached or unconcerned about others
- Feel numb and unable to experience love or joy
- Be irritable or have outbursts of anger
- Become easily upset or agitated
- Have frequent distressing dreams or memories
- Avoid people, places and things related to the disaster
- Have difficulty concentrating
- Feel their words are distorted or unreal

Physical Reactions – How people physically react to a disaster varies. They may...

- Have an upset stomach, eat too much or too little, or have gastrointestinal problems
- Experience a pounding heart, rapid breathing, sweating or severe headache when thinking about the disaster
- Have trouble falling asleep, staying asleep, or sleeping too much

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- ⇒ Unable to take care of your children?
 - ⇒ Feeling like hurting yourself or others?
 - ⇒ Relying on alcohol and drugs to cope?
 - ⇒ Having other fears or worries?

If you recognize these behaviors in yourself or others, please seek assistance.

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